

OUR MISSION

The mission of ICDI is to support healthy, active lifestyles for individuals with a disability, regardless of disability or ability level.



HOW WE DO IT

ICDI works to achieve its mission through the implementation of the model's three core tenets:

- ✱ **MENTORING:** Volunteer Mentors support and guide Mentees in inclusive physical activity and healthy eating activities
- ✱ **GOAL SETTING:** Each week, Mentees will set personalized physical activity and healthy eating goals with their Mentor
- ✱ **RECOGNITION:** After completing the program, Mentees receive awards to recognize their commitment to living a healthy, active lifestyle using ICDI

I CAN DO IT!

To learn more about how ICDI gives individuals with a disability the opportunities, information, resources, and support necessary to be healthy and active, visit our webpage: www.fitness.gov/ICDI

If you are interested in becoming an ICDI Site or Partner, e-mail ICDI@hhs.gov

*I Can Do It! is supported by the
President's Council on Sports, Fitness & Nutrition.*



1. Physical Activity and Health. cdc.gov. <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>. Updated June 4, 2015. Accessed January 2, 2018.
2. Brault, M. Americans With Disabilities: 2010. Current Population Reports. 2012; July: 70-131.
3. Inactivity Related to Chronic Disease in Adults with Disabilities. cdc.gov. <https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/dpk/vs-disability-activity/index.html>. Updated July 21, 2017. Accessed January 2, 2018.



I CAN DO IT!

HEALTHY GOALS FOR EVERYONE

ABOUT I CAN DO IT!

I Can Do It! (ICDI) is a customizable and inclusive health promotion model aimed at transforming the lives of individuals with a disability.

ICDI is centered on Mentor-Mentee relationships and setting weekly health-related goals. ICDI Mentors (aged 16+) and ICDI Mentees (participants with a disability aged five+) meet weekly to engage in physical activity, learn and practice healthy eating behaviors, and set weekly health-related goals.

The 8-week ICDI model can be implemented in a variety of settings, including:

- ✳ K-12 schools and school districts
- ✳ Colleges and universities
- ✳ Community-based organizations



HEALTH BENEFITS

Benefits of regular physical activity and healthy eating include¹:

- ✳ Reduced risk of heart disease or stroke
- ✳ Growth and development of strong bones, muscles, and joints
- ✳ Improved mood and well-being
- ✳ Reduced risk of hypertension and type 2 diabetes

ICDI addresses the needs of more than 56 million Americans living with a disability².

According to the CDC, about 50% of adults (aged 18-64 years) with a disability “get no aerobic physical activity” compared to only 25% of adults without a disability^{2,3}.

Adults (aged 18-64) with a disability who “get no aerobic physical activity” were 50% more likely to have chronic diseases such as cancer, type 2 diabetes, stroke, or heart disease than their active peers^{2,3}.

GET SUPPORT

The President’s Council on Sports, Fitness & Nutrition provides comprehensive resources to enable Sites to implement the ICDI model in a health promotion program. The ICDI resources include:

- ✳ A step-by-step checklist to get started with ICDI
- ✳ Orientation and Training Presentations for ICDI Site Coordinators
- ✳ Training Presentations to inform and guide Mentors
- ✳ Physical activity and healthy eating related health resources that can be used during ICDI implementation
- ✳ Goal-Setting Handbooks to assist Mentees in setting and tracking weekly goals with a Mentor
- ✳ Access to the ICDI Support Team to assist Site Coordinators in the creation, implementation, and/or sustainability of an ICDI Site

